

"Density Rings Workout"

Objective: Try to complete as many rounds of the paired exercises as you can in 10 minutes.

Exercise	Repetitions	Technique
A1: Ring Dips	10	Keep elbows in tight. Lower until brachioradialis touches the biceps. Lockout arms at the top.
A2: Ring Chin Ups	10	Lower to full extension of arms, with pronated grip at bottom. Retract shoulder blades and pull chin above bar, finishing with supinated grip.
B1: Ring Pushups	10	Keep angle at armpits 45 degrees or less. Lower until full stretch in pectorals. Keeping torso rigid by squeezing glutes and quads, raise up to full extension of arms.
B2: Ring Inverted Rows	10	Start in supine inverted row position with torso rigid. Retract shoulder blades back and squeeze glutes. Pull chest up to rings keeping straight line between ankles, knees, hips, and shoulders.
C1: Ring "Rollouts"	10	Starting in ring pushup position with torso held rigid, begin pushing ("rolling out") the rings outward in front of you until arms are extended. Do not allow the hips to dip!! Return back to start.
C2: Ring Jacknifes	10	Position yourself in pushup position with feet in the rings. Keeping torso parallel to the floor, pull your knees to your chest. Return to start.